



The Speech  
& Stuttering  
Institute

# ADULT & TEEN STUTTERING PROGRAM INFORMATION

## INITIAL EVALUATION

All clients require an Initial Evaluation before enrolling in treatment. This meeting will determine the therapy approach best suited to your needs. A Speech-Language Pathologist will review your completed case history form, evaluate your stuttering severity and its effect on your quality of life, discuss what therapy involves, and set a treatment plan.

This meeting can be conducted via videoconference for clients who are unable to attend in person.

## FEES

[CLICK HERE FOR  
DETAILED FEE INFORMATION](#)

Or go to  
[speechandstuttering.com/services/fees](http://speechandstuttering.com/services/fees)

*Financial assistance may be available to those who qualify*

Our treatment approach is founded upon more than 35 years of research and experience in the area of stuttering. Responses to treatment are continually evaluated to ensure delivery of the most effective, evidence-based treatment options. Since 1975, we have provided treatment for over 4,000 individuals who stutter (ranging from 2-85 years of age) from across Canada and various countries around the world. Our approach to treatment has been recognized worldwide and published in scientific journals and text books. In addition, we are involved in the training of students and Speech-Language Pathologists across the province.

For most clients, fluency and increased confidence are common goals. Treatment typically involves teaching a set of fluency-enhancing and cognitive restructuring techniques to improve fluency and reduce anxiety/negative thoughts related to speaking. Transfer of fluency techniques to every day speaking situations and long-term maintenance planning is an important part of treatment. Treatment is tailored to each client's specific needs. In cases where fluency is not the goal, individual treatment may focus on improving confidence and acceptance of stuttering.

## TREATMENT TYPES

### Intensive Group Treatment

- Monday – Friday, 9:00am – 1:00pm, 8 participants
- 3 weeks + 17 follow ups weekly, bi-weekly/monthly for 1 year
- Typically offered in July

### Weekly Group Treatment (4-5 participants/group)

- Meet for 1-1.5 hours weekly for 20 weeks + 4 follow ups

### Individual Treatment (in person or via videoconference)

- Offered weekdays (generally between 9:00 am – 4:00pm)



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